

# **FITNESS CLUB WITH NICKI!**

Dear Parent/guardian

I am pleased to let you know that starting in January 2023 Fitness Club with Nicki is back! This club is a games-based fitness session for years 4 and 5 and will be limited to 15 spaces. Children will be taking part in fitness activities which will target their heart and lungs, will help with co-ordination, concentration, balance, agility, flexibility, speed, accuracy, working individually and as part of a team.

If your child would like to join in, please fill out the form below and return it to reception. Payment of £25.00 for 5 sessions to be paid into account N J MURPHY – 40-08-32 – 92084546 and please quote your child's name next to the payment. Classes will start straight after school on Wednesdays at 3pm and will finish at 4pm - sessions will run on 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> January, and 1<sup>st</sup> February.

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Childs Name \_\_\_\_\_ Class \_\_\_\_\_

I would like my child to join Fitness Club with Nicki at Repton Manor School on the following dates:

Wednesday

4<sup>th</sup> January  
11<sup>th</sup> January  
18<sup>th</sup> January  
25<sup>th</sup> January  
1<sup>st</sup> February

Does your child have any medical conditions? \_\_\_\_\_

If yes please give further details here

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I hereby give consent for my child to take  
part in Fitness Club with Nicki – Signed by \_\_\_\_\_ Date \_\_\_\_\_

Emergency contact name/number \_\_\_\_\_